

## Keep On Keeping On

An old tale is told about a man celebrating his 100<sup>th</sup> birthday, and he was interviewed by a newspaper reporter. "To what do you attribute your longevity?" asked the interviewer.

The birthday boy's reply came quickly, considering his age. "I never smoked," he said, "and I never drank hard liquor. I watched what I ate, and I got plenty of exercise."

To which the reporter said: "Very interesting. But I knew a man who did all those things, and he only lived to be 80. How would you explain that?"

"Easy," said the centenarian. "He didn't keep it up long enough."

There is also the line that has been around awhile. It might have been Yogi Berra who said it. If not, he is certainly capable of it. It goes like this: "If I had known I was going to live this long, I would have taken better care of myself."

Although humorous, both illustrations speak of the importance of perseverance. It is amazing what can be accomplished by steady, dependable performance that majors on the quality given to the completion of one task or event at a time, and the fulfillment of a productive day at a time through the course of a week, month and year at a time.

In such a process, my, how the flow of time rushes by. And – not by mere coincidence – so does the flood tide of inner satisfaction that washes over the persevering person.

--Beecher Hunter